

## ABSTRACT

The present invention provides a high-intensity LED as a light source for use in hands-free illumination devices. In one embodiment, one or more high-intensity LEDs are incorporated in, or added to, headgear, such as an aircraft headset. The LEDs may be 10 powered by a battery, an external power source, or both. Also provided is a kit and method of installation for retrofitting existing headgear with LEDs.